

# 7th Kyu Blue Belt with Yellow Stripe

Minimum 9-12 months consistent training to qualify

## **GENERAL KNOWLEDGE**

Recite Dojo Kun (Dojo Oath)

## **FITNESS**

Knuckle push-ups 30  
Five finger push-ups 10  
Crunches 30x 3  
Squats 100  
Jumping Squats 20

## **KIHON(Basic)**

### **TACHIKATA: (Stances)**

Shiko Dachi / Enoji Dachi

### **UKE-WAZA (Blocks)**

Sune Uke / Mae Mawashi Uke

### **TZUKI, SHUTO & UCHI WAZA (Thrust s, Knife Hand & Strikes)**

Hiji Chudan Ate / Hiji Jodan Ate  
Nukete Uchi / Shuto Uchi Uchi / Shuto Hizo Uchi

### **KERI WAZA (Kicks)**

Kanketsu Geri / Mae Kiage / Yoko Keage / Ushirio Mawashi Geri / Tobi Yoko Geri

### **IDO GEIKO (Moving Basics)**

All required Trusts, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi /  
Kamae Dachi/ Enoji Dachi /Sanchin Dachi

## **RENRAKU**

- 1) Zenkutsu Dachi: Seiken Chudan Soto-Uke, Seiken Chudan Uchi-Uke, Seiken Gedan Barai
- 2) Zenkutsu Dachi: Gohun Geri (Mae Geri, Mawashi Geri, Ushirio Mawashi Geri, Mae Geri, Mawashi Geri)
- 3) Sanchin Dachi: Seiken Chudan Tsuki, Seiken Chudan Uchi Uke, Uraken Gammen Uchi

## **KATA**

Taikyoku Sono Ni Ura  
Peenan Sono Ni

### **IPPON KUMITE (4 type)**

1) Attack: Zenkuzu Dachi, Chudan Mae Geri

Defence: Kamae Dachi, Chudan Shotei Uke

Counter attack: Hiji Jodan Ate

2) Attack: Kamae Dachi, Jodan Mawashi Geri

Defence: Kamae Dachi, Gedan Yoko Geri

3) Attack: Kamae Dachi, Jodan Mawashi Geri

Defence: Kamae Dachi, Chudan Mae Geri

4) Attack: Migi Kamae Dachi, Jodan Mawashi Geri

Defence: Kamae Dachi, Gedan Mawashi Geri, Hiza Geri

**KUMITE:** 4 Rounds